

Why does Yummy Catering's food taste so good? Because we make it the way you would. With the use of a unique combination of top quality ingredients, with no excess salt or refined sugar, with added organic products to our menu – our focus is on healthy, nutritious, multicultural, home-style meals that children enjoy.

## Toddler Menu

DAY	LUNCH
<b>MONDAY</b>	Baked 100% Extra Lean Beef Burgers on a Whole Wheat Bun Vegetable Blend (*Green and Yellow Beans, *Carrots) Fresh Fruit Milk
<b>TUESDAY</b>	Lean Turkey Meatballs with Tomato Sauce w/ Whole Wheat Pasta Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Milk
<b>WEDNESDAY</b>	Baked Sole Fish Fillet Vegetable Barley Pilaf (barley, red peppers, onions, *peas) Fresh Fruit Milk
<b>THURSDAY</b>	Summer Veggie Chili (kidney beans, black beans, tomatoes, *squash, red/*green peppers, *carrots, corn, onions) Whole Wheat Home-Style Bread Fresh Fruit Milk
<b>FRIDAY</b>	Caribbean Chicken Brown Rice *Peas and Corn Fresh Fruit Milk

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Fresh Fruit indicated on daily substitution summary  
Menu approved by a registered Dietitian

All serving sizes conform to standards in the Child Care and Early Years Act  
Water is available at all times



# YUMMY CATERING™

the healthy choice

Why does Yummy Catering's food taste so good? Because we make it the way you would. With the use of a unique combination of top quality ingredients, with no excess salt or refined sugar, with added organic products to our menu – our focus is on healthy, nutritious, multicultural, home-style meals that children enjoy.

## Toddler Menu

DAY	LUNCH
<b>MONDAY</b>	Chicken Vegetable Italiano (Chicken breast strips, *carrots, celery, *spinach, *green peppers, onions, mushrooms) with Vegetable Pasta Fresh Fruit Milk
<b>TUESDAY</b>	Slow Cooked Swedish Extra Lean Beef Meatballs with Yummy Gravy Whole Wheat Bun *Green Peas Fresh Fruit Milk
<b>WEDNESDAY</b>	Baked Haddock & Cod Fish Cakes Brown Rice Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Milk
<b>THURSDAY</b>	Yummy Mediterranean Salad (black beans, chickpeas, *green/red peppers, *carrots, corn, tomatoes, cucumbers, couscous) Whole Wheat Pasta in Rose Sauce Fresh Fruit Milk
<b>FRIDAY</b>	Lean Beef Tacos Whole Wheat Soft Tortilla Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Milk

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
 Fresh Fruit indicated on daily substitution summary  
 Menu approved by a registered Dietitian

All serving sizes conform to standards in the Child Care and Early Years Act  
 Water is available at all times

Form: C2- 2018  
 Rev. No.:01



Why does Yummy Catering's food taste so good? Because we make it the way you would. With the use of a unique combination of top quality ingredients, with no excess salt or refined sugar, with added organic products to our menu – our focus is on healthy, nutritious, multicultural, home-style meals that children enjoy.

## Toddler Menu

DAY	LUNCH
<b>MONDAY</b>	Baked Pollock Wedge Yellow Vegetable Rice (brown rice, *carrots, onions, corn) Fresh Fruit Milk
<b>TUESDAY</b>	Cheese Tortellini with Lentil Tomato Sauce Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Milk
<b>WEDNESDAY</b>	Beef and Vegetable Lo Mien (extra lean diced beef, *broccoli, cauliflower, *carrots) Brown Rice Noodles Fresh Fruit Milk
<b>THURSDAY</b>	Baked Breaded All White Meat Chicken Whole Wheat Bun *Green Beans Fresh Fruit Milk
<b>FRIDAY</b>	Lazy Lasagna (lean ground beef, pasta, *spinach, onions, red/*green peppers, corn, *squash) Fresh Fruit Milk

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Fresh Fruit indicated on daily substitution summary

Menu approved by a registered Dietitian  
All serving sizes conform to standards in the Child Care and Early Years Act  
Water is available at all times



Why does Yummy Catering's food taste so good? Because we make it the way you would. With the use of a unique combination of top quality ingredients, with no excess salt or refined sugar, with added organic products to our menu – our focus is on healthy, nutritious, multicultural, home-style meals that children enjoy.

## Toddler Menu

DAY	LUNCH
<b>MONDAY</b>	Baked Chicken Kafta With *Spinach & Feta Cheese Brown Rice *Peas and Corn Fresh Fruit Milk
<b>TUESDAY</b>	Yummy Chickpea Stew (chickpeas, mushrooms, *carrots, corn, onions, red/*green peppers) Whole Wheat Home-Style Bread Fresh Fruit Milk
<b>WEDNESDAY</b>	Slow Cooked Swedish Extra Lean Beef Meatballs with Tomato Sauce Vegetable Penne Steamed Vegetables Vegetables will consist of 2 vegetables such as: *broccoli, *carrots, cucumber, cauliflower, *squash Fresh Fruit Milk
<b>THURSDAY</b>	Lean Turkey Meatloaf Ciabatta Bun Steamed *Carrots Fresh Fruit Milk
<b>FRIDAY</b>	<b>FUN FRIDAY</b>  (Please see posting for the special menu)

\*Indicates Dark Green and/or Dark Orange Vegetable offered daily  
Fresh Fruit indicated on daily substitution summary  
Menu approved by a registered Dietitian

All serving sizes conform to standards in the Child Care and Early Years Act  
Water is available at all times

